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The Liposuction Procedure and Related Instructions

The Liposuction Procedure: Liposuction is a technique to remove unwanted deposits of fat from specific areas of the body, including the face and neck, arms, back, abdomen, buttocks, hips, thighs and knees. This is not a substitute for weight reduction, but a method for removing and sculpting localized deposits of fatty tissue (problem areas not easily treatable by diet and exercise alone).

The best candidates for any of these procedures are individuals of relatively normal weight who have excess fat in particular body areas. Having firm, elastic skin will result in a better final contour. Skin that has diminished tone due to stretch marks, weight loss, or natural aging will not reshape itself to the new contours and may require additional surgical techniques to remove and tighten excess skin. Body-contour irregularities due to structures other than fat cannot be improved by this technique. These procedures may not improve areas of dimpled skin known as “cellulite.”

The liposuction procedure is performed utilizing advanced technologies that require the infiltration of fluid containing dilute local anesthetic and epinephrine into areas of fatty deposits (tumescence). This technique can reduce discomfort at the time of surgery, as well as reduce postoperative bruising. After the infiltration fluid has adequately caused anesthesia to the anticipated treatment area, a hollow metal surgical instrument known as a cannula is inserted through small skin incision(s) created by the surgeon. It is directed through the area of fat cells surrounded by the anesthetic solution. The cannula is attached to a vacuum source, which provides gentle suction to remove the fat. The surgeon may use vibration or power-assisted laser technology of the cannula to help disrupt the fat and facilitate easy removal. Support garments and tape dressings are worn after surgery to control potential swelling and promote healing, to provide comfort and support, and to help improve the new skin contour.

Prior to Surgery: Wash your body with Hibiclens® solution the night *before* your procedures. It is strongly recommended that you not consume any alcohol 24 hours prior to surgery. Do not take Aspirin or Ibuprofen **7 days** prior surgery. Bring your garments, binders, pads and medications with you the day of surgery.

Going Home: Schedule follow-up appointments as directed. Typically, patients are seen 14 days after surgery, again 4 weeks after surgery, and finally 3-6 months after surgery.

You cannot drive yourself home. It is recommended that a responsible adult be with you the first 24-72 hours after surgery. Please contact us by telephone 212-731-3311 if you have any urgent questions.

Diet: You can resume your usual diet immediately after surgery. Drink adequate amounts of water, juice and/or soft drinks to prevent dehydration. Try to avoid alcohol at least 24 hours after surgery.

Activities: Quiet rest is recommended immediately after surgery. Do not drive or operate hazardous machinery, especially while taking the prescribed anti-anxiety and/or pain medication. A short walk is permissible 24-72 hours after surgery. You may carefully resume normal exercise 7-14 days after surgery, but use common sense. If activities cause pain, stop. Most people can return to a desk job within 3 days after surgery, although one must expect to be sore and easily fatigued for several days.

Elastic Compression Garments: Elastic compression garments must be worn for 7 -10 to hold absorbent pads in place and to provide compression to minimize bruising and swelling. The morning after surgery, when the garments are first removed in order to shower, you may experience a brief sensation of dizziness. This feeling of lightheaded is similar to what you might experience when standing up too quickly and is the result of rapid decompression of the legs immediately following the removal of the elastic garments. Should dizziness occur, simply sit or lie down until it passes. Garments must be removed daily and a shower taken, preferably using Hibiclens® soap. You may hand wash the garments and line dry them at this time. Discontinuing the use of the garments and binders too soon may result in more bruising and skin irregularities that can be permanent. Many patients choose to wear the garments longer because of the comfort they provide and because they help decrease swelling more quickly.

Common Side Effects: These include menstrual irregularities, flushing, discomfort and soreness, bruising, swelling, itching and pain. Do not soak in a bath, Jacuzzi, swimming pool or ocean for 2 weeks after surgery.

As instructed by your physician: Absorbent pads are placed over the treated areas to absorb the large volume of drainage of blood-tinged anesthetic solution during first 24-72 hours after surgery. Do not be concerned. The pads are held in place by elastic garments and Hypafix® tape. Beginning the morning after surgery, change the pads daily. If you discover some drainage or leaking around the pads, after the first few hours of surgery, **do not** remove the garment. Rather, apply an additional absorbent pad over the area by sliding it under or around the garment.

Postoperative Drainage: One should expect a large volume of blood-tinged anesthetic solution to drain from the small incisions during the first 24-48 hours after liposuction. In general, the more draining, the less bruising and swelling there will be. During the first 72 hours, you should sit or lie on black or dark-colored towels or sheets. Super absorbent dressings are worn under the compression garment to help limit the spread of drainage onto home furniture and clothing. When drainage has stopped, you no longer need to place absorbent pads over incision areas. Applying topical wound care is **essential** at this point.

Wound Care: Keep incisions clean. Shower once daily starting the day after surgery. First wash your hands then wash incisions gently with Hibiclens soap. Afterwards, gently pat incisions dry with a clean towel. Apply topical wound care (mupirocin/Aquaphor) and a new absorbent pad or gauze. Incisions that have stopped draining no longer need padding. Take oral antibiotics as directed until no pills remain.

Signs of Infection: Call our office *immediately* if you notice signs of infection including fever, a foul smell, local redness, swelling and/or pain in the treated areas.

Items to Bring on the Day of Surgery

1. Medications that were prescribed by Dr. Hooman Khorasani at the time of your consultation.
2. Items you have purchased at your pharmacy including: a Compression Garment above Knee and an Abdominal Binder (for Abdominal Liposuction) or Facial Compression (For Neck Liposuction); OBGYN pads and Absorbent pads; Hibiclens® Soap; and a tube of Aquaphor.

